

Alcohol and Illegal Drug Use (AK 36-USDA 372)

Explain to Participant

You're enrolled in the WIC program today because of the use of any alcohol and or illegal drugs during pregnancy and breastfeeding. Alcohol and Illegal drug use can damage the fetus or put you and your baby at risk. Problems may include birth defects and mental retardation.

Goal

The goal is to help you stop using alcohol and or illegal drugs.

Suggestions for Reducing Risk

Follow the recommendations of your health care provider.
Explain the nutrition education materials suggested
Refer client to a Registered Dietitian.
Refer client to an alcohol and drug center and other medical and social services that can monitor and provide assistance to the family.

Nutrition Education Material Suggested

Drug and Alcohol Can Hurt Your Unborn Baby

Explain Applicable WIC Foods

WIC Foods	Nutrients Provided
Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron
Carrots	Vitamin A
Tuna Fish	Protein
Salmon	Calcium, Vitamin A, Protein

Explain What the WIC Nutrients Can Do for You!

Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.

Materials with More Information

Making the Right Choices: The Facts About Drugs and Pregnancy
Cocaine Hurts Babies